

## **Brazilian Tropical Veggie Bowl**

### **Ingredients:**

- 1 cup cooked brown rice
- ½ cup black beans
- ¼ avocado, sliced
- ½ mango, diced
- ¼ cup shredded red cabbage
- 1 tbsp lime juice
- Fresh cilantro

### **Instructions:**

1. Layer rice in the bowl.
2. Add black beans, mango, avocado, and red cabbage.
3. Drizzle with lime juice and sprinkle cilantro on top.

### **Benefits:**

Rich in fiber, antioxidants, and healthy fats.

Supports digestion and skin health.